

SLOW-COOKED LAMB

Ingredients

4 good sized lamb forequarter chops
2-3 onions, cut into wedges
1 whole bulb garlic
2 rosemary sprigs
5-6 stalks fresh mint
1 tbsp. balsamic vinegar
Freshly ground black pepper
4 potatoes, peeled & sliced into ½ cm slices
Virgin olive oil
Sea salt

Method

1. Place chops in a single layer in an oven-proof dish and sprinkle over and around with the onion wedges and garlic – broken up with the skin still on.
2. Top with rosemary and mint – bruised by crushing with the hand.
3. Top this alternately with potato and sweet potato. Finish off with a good drizzle of virgin olive oil and sea salt.
4. Bake in a slow oven (160°C) for around 90 minutes until the potatoes are baked and golden. Finish off the last 10 minutes on a higher heat to crisp up the potatoes.



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QUEENSLAND CAKE

Ingredients

375g raisins
375g currants
700g sultanas
250g dried pineapple, diced
175g glacé ginger, diced
1 cup pitted prunes, chopped
1 cup pitted dates, chopped
2 tbsp. treacle
1 cup rum
4½ cups plain flour
½ tsp. bicarbonate soda
1 dessert spoon ground allspice
1 dessert spoon ground cinnamon
¼ tsp. ground cloves
500g butter
500g brown sugar
10 eggs
400g raw macadamia nuts (not salted)
2 tbsp. of extra rum

Method

1. Preheat oven to 130°C and double line a cake tin with baking paper. Let the paper extend over the top. Use 1 x 28-30cm square tin or 2 x 19cm square tins or 2 x 23cm round tins.
2. In a large bowl place all the fruit and pour over the rum and treacle, mix well. (This can be done a couple of days beforehand.)
3. Sift together the flour, bicarbonate of soda and the spices into another large bowl.
4. Cream the butter and sugar until light and fluffy. Add the eggs one at a time, mix well.
5. Scrape the butter mixture into the fruit mixture and add the flour. Mix well together.
6. Spoon into prepared tin/s and smooth the surface. Top with macadamia nuts in single layer.
7. Drop the cake from a low height onto the bench to expel any air pockets.
8. Bake for 3½-4 hours until the cake is cooked when tested with a skewer.
9. Remove from oven and brush with the extra rum. Cover while hot with a double layer of foil and leave for 24 hours to completely cool.



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PUMPKIN SOUP

Ingredients

1 tbspn. margarine
 1 onion, diced
 1 potato, diced
 1 tspn. curry powder
 Pumpkin, peeled and diced fairly small
 Approx. 1 litre water or milk
 1 tspn. nutmeg
 Chicken stock cube
 (or powder mixed as directed)

Method

Melt margarine in large saucepan. Brown all the vegetables, stirring occasionally to prevent sticking, and brown all surfaces.
 Mix the dry ingredients and add with the stock. Add water/milk and simmer until soft.
 Puree. If preferred, thicken with a tablespoon of flour mixed with ¼-½ cup cold water.
 Serve garnished with chopped parsley or chives.



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BREAD & BUTTER PUDDING

Ingredients

½ loaf bread broken into pieces
 3 eggs, beaten
 ¼ cup sugar
 1½ pints milk
 ¾ cup sultanas
 1½ tspns. vanilla
 1½ tbspn. butter

Method

In a bowl soak bread in milk until softened. Mix until smooth.
 Stir in eggs, sugar, sultanas, butter and vanilla.
 Pour mixture into buttered dish. Bake in slow oven 1½ hours until browned.



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LAMINGTONS

Cake

Ingredients

3 eggs
15g butter
¼ cup cornflour
¾ cup self raising flour
½ cup caster sugar
3 tbsps. hot water

Method

Beat eggs until light and fluffy and gradually add sugar. Sift dry ingredients into the egg mixture. Combine hot water and butter and add to the mixture. Pour into a buttered and lined lamington tin and bake at 180°C for 30 mins. Cool or freeze. Cut the cake into 16 squares. Dip each cake into chocolate icing and toss in coconut.

Chocolate Icing

Ingredients

500g icing sugar
2 tbsps. butter
⅓ cup cocoa
½ cup milk
Coconut for coating

Method

Mix icing sugar and cocoa, add softened butter and milk. Cook over gentle heat until mixture is smooth, adding more liquid if required.



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FRUIT FLAN

Biscuit Pastry

Ingredients

90g butter
1 egg
½ tspn. baking powder
2 tbsps. butter
1½ cups plain flour

Method

Beat butter and sugar until light and fluffy. Add egg and beat well. Mix in dry ingredients to a firm dough. Roll out and bake blind in 23cm pie plate for 20-25 mins. Cool.

Filling

Ingredients

3 tspn. custard powder
1 cup water
470g apricots
½ tspn. vanilla
½ cup cream
2 tbsps. sugar
½ cup Sunshine Instant Milk powder
1 punnet strawberries
470g pitted black cherries
1 tbspn. brandy
Glaze: 2 tbsps. apricot jam

Method

Combine custard powder, sugar and powdered milk in saucepan. Gradually add water, stir until blended and smooth.

Bring to the boil stirring constantly. Add vanilla, cool. When cold fold in lightly whipped cream.

Pour custard into cold pie shell. Arrange well drained fruit and strawberries decoratively over custard.

Combine jam and brandy in small saucepan, heat gently until boiling. Push through sieve and brush over fruit. Refrigerate no longer than 1 hour before serving. Serves 6-8.



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CRISPED PRAWN STICKS

Ingredients

1 French bread stick

Filling

Ingredients

125g soft butter

1 cup grated matured cheese

1 can, 100g cocktail prawns or shrimps, drained

2 tbsps. gherkin spread

½ tspn. salt

Pepper to taste

Method

Beat all ingredients together until well blended. Cut bread ¾ way through into approx. 14 slices.

Spread the filling between each slice and a little over the top crust of stick. Wrap in foil.

Place on a rack over hot coals or bake at 200°C for 15 minutes until bread is heated through and crisp. Serve in a serviette lined basket.



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APRICOT UPSIDE DOWN PUDDING

Ingredients

180g butter or margarine

⅓ cup brown sugar

425g can apricot halves (or cooked fresh apricots, halved and stoned)

¾ cup caster sugar

3 eggs

1½ cups SR flour (sifted)

1 tspn. ground mixed spice

Method

Melt 50g of butter mixed with the brown sugar and spread over the bottom of a 5-cup oven-proof dish. Drain apricots, reserving 3 tbsps. juice.

Arrange in the dish. Cream remaining butter with the caster sugar until light and fluffy. Add the eggs, one at a time, adding a tablespoon of the flour with the last two.

Beat thoroughly, then fold in the remaining flour, mixed spice and reserved apricot juice.

Spread over the apricots and bake in a preheated moderate oven 180°C (350°F) for 55 to 60 minutes, until the sponge springs back when lightly pressed.

Turn out on a warmed serving dish and serve with cream. Serves 6.



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SCONES

Ingredients

225g self-raising flour
Pinch of salt
50g butter
25g caster sugar
1 medium egg beaten with milk to make 150ml liquid

Method

1. Heat oven to 220°C
2. Mix flour and salt, rub in butter, and stir in sugar
3. Add egg and milk reserving a little for brushing the tops
4. Knead lightly on a floured surface and roll out to 1 cm thick and cut into 8 rounds
5. Brush the top with reserved egg and milk and bake for around 10 minutes.



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GINGER SNAP BISCUITS

Ingredients

225g self-raising flour
Pinch of salt
5ml ground ginger
100g caster sugar
75g butter
100g golden syrup
1 medium egg beaten

Method

1. Heat oven to 180°C
2. Mix together dry ingredients
3. Warm the butter and syrup in a small saucepan until butter has melted and add to dry ingredients
4. Add the beaten egg and mix everything well
5. Place teaspoons of the mixture on baking trays lined with baking paper
6. Bake for around 15 minutes
7. Remove from baking trays and leave to cool on a wire rack.



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